

OKYEAME

November 30, 2006

American Embassy,
Accra

Poverty and mental illness are bedfellows

Posted: Nov 29 2006

The acting Director of the Accra Psychiatric Hospital, Dr Akwasi Osei says people in the lower socio-economic stratum of society are worst affected when it comes to mental ill-health. He has however warned that mental ill health should be a bother to all irrespective of one's socio-economic circumstances. Speaking after the launch of a Mental Health and Poverty Project in Accra, Dr Osei revealed that, 40 new cases of mental illness are recorded everyday in Accra. According to him 10 of the cases are extremely bad and estimated that overall about 300 mental patients visit the hospital everyday for treatment. He identified drug abuse, stress, marital problems and abuse of alcohol as some of the major causes of mental illness in the country. In his remark at the launch, Dr Osei disclosed that mental ill health impedes people's ability to learn and to engage productively in their economies emphasizing that poverty in turn increases the risk of developing mental disorders and reduces people's ability to gain access to the much needed maintenance, preventive, curative and rehabilitative mental health interventions.

According to him, the Mental Health and Poverty Project sought to break the cycle of mental ill health and poverty. This he said could be done through policies that adopt a comprehensive multi-sectoral approach to the problem. "The Mental Health and Poverty project is a response to this problem trying to break the cycle of poverty and mental ill health. It seeks to develop, implement and evaluate mental health policy in poor countries in order to provide new knowledge regarding comprehensive multi- sectoral approaches to breaking the cycle," he indicated. The Project has a seven member international advisory board which advises the consortium on the direction of the project so as to keep the implementation body focused.

The Project which is also based in Uganda, Tanzania, Zambia and South Africa is sponsored by DFIID. The research consortium is based in Cape Town, South Africa. It is a longitudinal project lasting five years. It began in 2005 and it is expected to end in 2010. Membership of the local advisory board is made of Dr Kofi Ahmed, Chief Medical Officer of the Ministry of Health, Dr J.B Asare, a retired Chief Psychiatrist, Prince Boni of the Human Resource Division at the Health Ministry, Mrs. Estelle Appiah, Director of Legal Drafting Unit of the Attorney General's Department, Rev Prof. Father Appiah-Poku, Head of the Department of Behavioral Science at the Kwame Nkrumah University of Science and Technology and Dr Mrs. Angela Ofori Atta, a Clinical Psychologist. Source: The Point

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CLO Office Hours



Mon-Thurs
8am-4pm

Fri

8:00 am-
12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okeame, please write to the Editor, Mikelle Antoine at:

*accraokeame@yahoo.com
Deadline Monday 5pm*

Please let us know what you would like to see in the Okeame. Your suggestions, criticism and story ideas are most welcome!

The Okeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okeame is a Twi word meaning linguist, or chief's spokesperson.



Cont. from last week...

Dance-drumming is an integral part of this community life and an important necessity in the pursuit of the collective destiny, perhaps the essence of their shared experience. Everybody participates. Non participation amounts to self excommunication from society as a whole and carries with it severe consequences in a similar manner as non performance of some civic obligations in other cultures of the world. The most severe penalty for non participation is to be denied a proper burial. Receiving a good burial is extremely important to the *Anlo-Ewe*. In contrast to other societies of the world that demonstrate the importance of having a good burial by buying funeral insurance from commercial funeral homes, the participation of the *Anlo-Ewe* in the collective and shared experiences of the community is the only insurance towards receiving the proper burial.

Structure Of Dance-Drumming Community

The degree of participation by each individual, however, varies and reflects a hierarchy of relative importance among the performers. This hierarchy has the elders at the top representing the chiefs and the leadership of the community. The male elders are called *vumegawo* and the female elders are called *vudadawo*. Their principal role is to provide a source of authority and advice insuring an orderly and systematic performance according to the shared traditions of the community and the entire traditional state. The second level of the hierarchy is held by the composer (*hesino*), the master arts man, who is responsible for the creation of the distinct texture that forms the characteristic dance-drumming style. He is followed directly by the lead drummer (*azaguno*), another master arts man, who guides the entire ensemble in performing the various shared traditions of good dance-drumming. The next level of the hierarchy includes: (a) *Tonuglawo* (ring-leaders), consisting of some more experienced participants with leadership potentials, who inspire and exhort the performers along the performance arena and provide them with examples that they emulate. (b) *Haxiawo* (supporting song leaders), who assist the composer in leading and directing the singing. (c) *Kadawo*, the whips of the musical community who enforce discipline and secure the attendance of the community members at every performance. The fifth level of the hierarchy is occupied by the supporting drummers who assist the lead drummer in the performance of the various musical guidelines. The rest of the ensemble occupies the lowest level of the hierarchy. Their main roles are to sing, dance, and at times accompany themselves with rattles and hand claps.

The Religious Culture

Anlo-Ewe dance-drumming repertoire evolved as an essential component of three key cultures - the *religious culture*, the *military culture* and the *social culture*. The *religious culture* embodies the knowledge about divinities, their devotional activities, the nature of the universe or the living environment and more especially, the principles of divine or moral state of living. The *Anlo-Ewe* conceives the universe as consisting of dynamic forces which are constantly influencing each other. Mankind, in both the living (*visible*) and non-living (*invisible*) states, animals, vegetables and minerals all possess this vital force in varying amounts. As a result of the constant interaction of these forces, which at times affects human existence in negative ways, it becomes necessary for mankind to gain the knowledge and use of these natural forces in influencing his or her own existence. Hence, instead of events occurring by chance or arising from unknown causes, these events could be controlled to occur at the intention and necessity of mankind. Everything among the *Anlo-Ewe* has a spiritual meaning or is understood in a spiritual sense. For example, the birth of a new life, puberty of the adolescent and the marriage of the young adult are attributed to some divine goodwill. Sickness, death and other misfortunes are ascribed to some divine intervention. Performance of devotional activities to the divinities and the development of some principles of divine or moral state of living rank at the top of *Anlo-Ewe* hierarchy of values.

At the top of *Anlo-Ewe* hierarchy of divinities is *Mawuga Kitikata*, the Great and Overall God. Prayers requesting blessings from the divine world often begin with the following text: "*Mawuga kitikata, aɖaɖuwoto be ye woashi kple afo*" which translated freely means "*The great and overall God, the great craft-person who creates hands and feet.*" *Mawuga Kitikata* is believed to be everywhere and does not require a shrine and devotional activities. Devotional activities are performed through other lower ranking divinities to *Mawuga Kitikata*. The next ranking *Anlo-Ewe* divinity is *Togbui Nyigbla*, the divine protector of the traditional state, its people and the *Anlo-Ewe chieftaincy stool*, the most sacred symbol of royal authority among the *Anlo-Ewe*. *Afa* is among the favorites of *Anlo-Ewe* divinities. *Afa* is popularly known as *Kpoli* (destiny) or "*divinity of divination*" and fulfills, among other things, the human desire to peep a little into the future through the art of divination. *Yeve* is another revered divinity. Popularly known as "*Tohong*" or "*divinity of thunder*," *Yeve* often uses the forces of thunder and lightening in revealing concerns and anger. Dance-drumming is a key element of the religious culture and each divinity offers a distinct repertoire for various devotional activities. These devotional activities include: rite of consecration or medium of centering oneself in the divine spirit, rite of invocation or yearning for spiritual communion with the divinity and rite of gratitude, reverence and respect for the divinity.



by Margaret Bender



Home of my Own

During the last Presidential election when General Colin Powell was being pressured to run, one of the reasons he gave for declining was that, after years of living in military housing, his wife, Alma, finally had her own house. I could have sworn I heard a collective "amen" from the thousands of women around the world like Mrs. Powell, the wives of soldiers, diplomats, and businessmen, who "pack, pay, and follow."

I am one of them, an American foreign-service family member. After a total of fifteen years overseas with postings to India, Germany, Israel, Sri Lanka, Austria, and South Korea, my husband was assigned to Washington and we moved back into our family home in northern Virginia. I am that excited-looking woman haunting Home Depot, the Sears appliance department, and every furniture store on the Virginia side of the Potomac River. After all those years of living in rented houses, decorating around government-issue furniture, and tending other people's gardens, I have come home to my own house. Like many women I know, I was at the point where I needed a home of my own in my own country, somewhere to gather my physical and emotional memories in one place and regain a sense of belonging. A fact of foreign service life is that, no matter how well you learn the language and adapt to local customs, you are always a guest in someone else's country and live on the periphery of their society. Perhaps my feelings also resulted from changed circumstances in our family. Our two daughters were no longer with us: they had left for college and graduate school and independent lives of their own. However, their need for a home base had increased, not diminished, with their moving away.

Children raised overseas often have a problem with the concept of home. When they are young, home is where the family is and "the States" is the place we go on holiday, visit grandparents and the dentist, shop, and otherwise, from a distance, idealize as heaven on earth. As the children grow older, feelings change. Moving back as a teenager can be a rude awakening, and the first weeks of school often make our kids feel like unwelcome creatures from another planet. They soon learn that, rather than being American, they are what has been coined "third culture kids." Many never fully re-assimilate. When my daughters left for college, the attraction of living abroad dimmed for me. The worry of their being so far away tempered the freedom of the empty nest. Our phone bills were astronomical until the arrival of e-mail. The girls traveled to visit us twice a year, at Christmas and in the summer, but all those other holidays and long weekends in between were spent with roommates, extended family members, or friends. I visited my older daughter at her college twice, the first time to settle her in freshman year, the second for graduation. When we returned home to stay, my younger daughter was a senior at her college about two hours' drive from Washington. She came home often, and to her classmates who asked why she would want to do that, she answered, "Because I can."

Many people think of diplomatic service as one long cocktail party at taxpayer expense. It is anything but. While a working social life can be part of the job, the day-to-day routines of the foreign-service community resemble those of any community in the United States: people going to work, creating homes, and raising children. It just all happens in foreign countries, in other languages, and sometimes at physical risk. I don't regret the fifteen years I spent overseas. I have many wonderful memories. Most of the time it was interesting; some of the time it was lonely; but all of the time, I knew that, no matter how much I grew to love where I was, in a few years I would have to leave. Some people find it hard to return home. Changes in themselves and American society make each return a new beginning. The overabundance of everything strikes me first; the grip that television has on the population; the pace of life and resulting fragmentation of communities; and, dare I say it, the appalling ignorance of geography and foreign affairs among my fellow citizens.

Then, I realize that I can apply for a job without worrying if I have the language skills to do it, and without having to obtain permission from the ambassador and the local ministry of foreign affairs. When I shop, I need only buy one of everything instead of stocking up until next home leave. My mail comes to the house instead of to the embassy, and I can cash a check at the bank without obtaining a power of attorney from my husband. I can even write critical letters to the editor without worrying about embarrassing my government! But, the best part is living in my own home. We did some needed renovations, repainted inside and out, and set about restoring a large garden given lip service by a series of tenants. I planted hydrangeas in the back yard, created a perennial garden, and last fall put in daffodil bulbs for next spring. The wonderful part is that when spring does come, I'm going to be here to see them bloom. I don't blame Mrs. Powell for discouraging her husband from running for the Presidency. Living in the White House probably has its charms, but the occupants are, after all, temporary guests in someone else's house. © 2000 by Margaret Bender. All rights reserved. Reprinted with permission from author. From www.talesmag.com. She is also author of *Foreign at Home and Away: Foreign-Born Spouses in the U.S. Foreign Service*.



A lot has happened over the last year in the development of vaccines. This is the last in a series of Okeyame articles about newly developed vaccines. The new shingles vaccine is discussed in today's issue. In the previous issues Tdap, HPV, and rotavirus vaccinations were discussed. This article was chosen because of its readability. For more information go to <http://www.cdc.gov/nip/publications/VIS/vis-shingles.pdf>.



Shingles Vaccine to Be Routine at 60

Federal Advisory Panel Acts to Reduce Painful Disease and Complications

By [Daniel DeNoon](#)

WebMD Medical News

Reviewed
on Wednesday, October 25, 2006

By [Louise Chang, MD](#)

Oct. 25, 2006 - The CDC's vaccine advisory panel today voted to make [shingles vaccination](#) routine for all Americans 60 and older. Shingles is a painful disease caused by reactivation of dormant [varicella](#) zoster [virus](#), or VZV. Best known as the virus that causes [chickenpox](#), VZV is a [herpes](#) virus that can come back with a vengeance when a person's immunity wanes with age, disease, or immunity-suppressing drugs.

Without vaccination, about 20% of people who have had chickenpox eventually will get shingles. A person who lives to be 85 has a 50% chance of getting shingles.

Shingles is a bad enough disease to be a good reason to get vaccinated.

But in about a third of cases, shingles turns into an excruciatingly painful disease called [postherpetic neuralgia](#), or PHN. A smaller percentage will get a painful, blinding disease called [ophthalmic](#) zoster.

The new vaccine, Merck's Zostavax, won [FDA](#) approval last May.

Now the main U.S. vaccine advisory panel -- the Advisory Committee on Immunization Practices (ACIP) -- officially recommends routine use of the vaccine for everyone 60 and older.

The committee voted not to make shingles vaccination routine for people under 60, citing a lack of clinical data on vaccination in that age group.

Similarly, the panel said there was too little data for it to recommend that doctors offer the vaccine for people about to undergo immunity-suppressing treatments.

Good Vaccine, Terrible Disease

A major clinical trial shows the vaccine is more than 60% effective in reducing shingles symptoms. Perhaps most importantly, it reduces painful PHN by at least two-thirds.

"Reducing PHN is the motivation for most of us working on this clinical trial," Michael N. Oxman, MD, of the University of California, San Diego, said in a presentation to the ACIP. "For people with severe PHN, their lives are blighted and the lives of their families are blighted."

PHN pain can last for years. Sudden, lancing pain can quite literally bring patients to their knees. Each year, there are more suicides due to PHN pain than due to [cancer](#) pain.

And PHN isn't the only bad complication of shingles. Some 15% of shingles patients get ophthalmic zoster -- shingles that affects one or both eyes.

In a public comment, Herbert Kauffman, MD, former chairman of [ophthalmology](#) at Louisiana State University, offered the ACIP a graphic description: "This is not going blind in peace and quiet," Kauffman told the ACIP. "This is an all-consuming pain patients live with every moment of every day for years."

The ACIP recommendation means insurers will be more likely to pay for shingles vaccination in 60-and-over patients.

Medicaid will not cover shingles vaccination under part B. However, major Medicaid part D plans will provide coverage, Jeffrey Kelman, MD, chief medical officer of the Centers for Medicare and Medicaid Service, told the ACIP.

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.com) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact ac_crahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

Community News and Events

Employment Opportunity: USAID West Africa Regional Mission

is recruiting for the following position in the Regional Office of Financial Management (ROFM):

Preference will be given to US citizens, but other qualified candidates will be considered. Title: Payments Officer

The successful applicant will manage the Payments Section of the ROFM, which includes planning, organizing assigning and reviewing the work of seven Voucher Examiners (VEs) and a Supervisory Voucher Examiner. The candidate provides oversight and support in payment processing to the West Africa Regional mission and client USAID bilateral missions. (A comprehensive job description will be sent to those potential candidates who express interest and are deemed qualified for the position)

Minimum Qualifications: A University Degree in Accounting, Finance, Business/Public Administration or a related field is required. 5 years professional work experience

24 hours of accounting credit or equivalent training in accounting, auditing or business administration Detailed experience using MS Word and EXCEL Salary: United States Government grade GS 10 Closing Date for Applications: COB November 30th 2006

5:00 PM Accra Interested Applicants should contact Mildred Agbo: magbo@usaid.gov for a complete job description and application procedures.

Leaving?

Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment. Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905

ARE YOU A QUILTER?

CREATE A MEMORY OF GHANA USING MY ADINKRA SYMBOL APPLIQUE PATTERNS TO MAKE A QUILT, A WALLHANGING, OR PILLOWS. FOR PICTURES AND PRICE LIST:

EMAIL WIDDISON@HOTMAIL.COM,
SUBJECT LINE: ADINKRA DESIGN PATTERNS.

Community News and Events

DATE **NOVEMBER 30, DECEMBER 1 & 2 2006**

TIME **7:00 PM**

TICKETS AVAILABLE AT **IVY'S, PIPPAS, CLO OFFICE & CAST MEMBERS**

ADULTS **60,000**

CHILDREN **30,000**

AT **GHANA INTERNATIONAL SCHOOL**

THE INTERNATIONAL
PLAYERS OF ACCRA PRESENTS...

THE **SLEEPING** & **B**EAUTY

*"some day my prince will come
i just hope he's not a bum"*

BY
NORMAN ROBBINS

ADAPTED BY **DAVID TYERMAN AND IAN LUNT BELL**

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accraokyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

SEEKING EMPLOYMENT

Looking for a very experienced cook/housekeeper that can make a variety of western and African meals, appetizers, and desserts, know how to serve at dinner parties, and light housekeeping. contact Monique at 0244311944 (2)

Djemela is a young lady looking for employment as a **domestic help and cook**. She is hard-working, honest and trustworthy. Call Djemela directly at 0242-929757 or for references call 0244-311256.

Annick Yessoufou is looking for work as a **domestic** or administrative assistant. She is bilingual (English/French) and worked for USAID and the African Development Bank. Prefers to live-in. She can be reached at 0285-047-247 or amyessoufou@hotmail.com. (3)

Driver, "Man-Friday" available. Emmanuel has worked for me for nearly three years. He is a flawless driver - has not even scratched my car in that time. He does countless other tasks and does them all well, including running errands, washing and ironing (he does this very well), and taking care of my dogs. Call me at 0344-311-262 or email mschulman@usaid.gov

Driver available - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.(1)

Need a Turkey or several for Thanksgiving? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (3)

Pippa's Gym Membership Available! Price VERY NEGOTIABLE!! One year membership purchased in Sept., 2006 for \$550. Please contact Anne 0244310572 (3)

2006 Christmas collection for refugees in Ghana

THE UNHCR HUB IN ACCRA IS COLLECTING TOYS, SECOND-HAND CLOTHES AND OTHER GOODIES TO OFFER AS PRESENTS FOR THE REFUGEES IN KRISAN REFUGEE SETTLEMENT (located by the Ivorian border and hosting about 1700 refugees).

These items will be collected up to December 15, 2006. UNHCR is also supporting

the ~~disabled~~ community in the Buduburam settlement (located after Kasoa and hosting about 39 000 refugees, mainly Liberians) and collecting the following items: BOOKS, MAGAZINES, KITCHEN WARE/ UTENSILS, GAS COOKER and GLASS JARS.

UNHCR is grateful for your contribution in these collections. Contact: Catherine Hamon Sharpe (hamon@unhcr.org)

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MISCELLAENOUS	VEHICLES FOR SALE	WANTED: SAFE & RELIABLE
<p>URGENT. Diplomat looking for accommodation. Max. 2500 US \$ monthly rent with Internet facilities. Close to Airport Res., East Legon or Osu. NO AGENTS please. Tel:0242 266 (2)</p>	<p>Land Rover Discovery Series II 4x4 In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gear-box. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (3)</p>	<p>LARGE SUV/4X4 (ideally) TOYOTA LANDCRUISER: Looking large Toyota family SUV: low mileage, excellent operating condition, full service history, and reasonably priced. Duty not paid is fine. If you are selling or know someone trustworthy who is selling a Toyota Landcruiser, PLEASE call/text: 0246 603016 (3)</p>
<p>For Sale - DSTV decoder and antenna dish - \$225 (DSTV would charge about \$350). If interested call 0244-311-262 (2)</p>		<p>Volvo S40 2003, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid \$15,0000 Call 020 813-6962 or 0246 584 384 (3)</p>
<p>For sale: Like new Harvard Foosball Table for sale. Has an electronic score keeper along with manual score keeper. Has no ware marks. Paid \$500 and used rarely. Yours for \$300 or best offer. Call 774-502 and ask for Jessica. Will accept cedi</p>	<p>Kia Sephia 1993. Available in December. Duty paid. \$2700.- or best offer Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (2)</p>	<p>Suzuki Grand Vitara 2.0 TD 5D Registered 1st time March 2005 - 9200 Km, well kept. Diesel engine, Sun roof, Air-condition and Central lock system. Extra spares USD 16,000 - Duty not paid. Vehicle can be available immediately. (2)</p>
<p>For Sale: Very good condition Sony Camcorder and other accessories. Paid \$300 rarely used. Yours for \$200 obo. Zach after 6:00 pm 774-502. Cedi ok..</p>	<p>1996 Daewoo Nexia saloon car. Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4500 OBO.) Call 020 813-6962 or 0246 584 384 (3)</p>	<p>Looking for a 4-year-old 4WD car for mainly in-town use. Please contact Anne or Wilma de Groot at wilma.degroot@chello.nl.</p>
<p>FOR SALE GENERAL ELECTRIC DRYER LG REFRIGERATOR LIVING ROOM FURNITURE OFFICE GLASS TABLE OFFICE EXECUTIVE CHAIRS FILE CABINET AIWA PLAYER WITH TWO SPEAKERS EXERCISE BICYCLE LADIES SHOE STORING CUPBOARD FOR MORE INFORMATION PLEASE CONTACT: TEL: 021-271092 MOB:0244-972174 (1)</p>	<p>Driver/Gardner - Eben has served as a driver and gardener for American families for the past 3 years. He is a very safe and cautious driver and is highly Knowledgeable about the Accra area. Eben also irons, and does a perfect job. Please call Shawn 0244-846-486. (3)</p>	<p>2004 Nissan X-Trail. Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail jbsandefur@yahoo.com. (3)</p>
	<p>Famous Quotes: When God created you, He was just showing off! -from Florence Obinim lyrics</p>	